

Nicole G.



Certified Personal Trainer
Group X Instructor
Team Member Since: 1994

Education & Certifications

- BA in Zoology from University of New Hampshire
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Running/Hiking/Being Outdoors
- High Intensity Interval Training
- Completed the Rock-N-Roll Marathon
- Cooking



For more info about this trainer,
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24hourfitness.com/personaltraining